

Description: Simple intervals with decreasing cadence and increasing intensity. Each set of three has the same intensity level, but with decreasing cadence. As the sets get shorter, the intensity increases.

Rationale: Improving coordination and muscular endurance.

Teaching notes:

- For best results schedule a power test *before* running this session
- Provide options for riders: enable more complete recoveries if needed, reduce the power intensity of the intervals if required.
- Slower cadence requires more resistance

WARM UP

10mins

SIMPLE VARIABLE CADENCE INTERVALS

INTERVAL 1.5min 90rpm 105% FTP	RECOVERY 1 min	INTERVAL 1.5 min 80rpm 105% FTP	RECOVERY 1 min	INTERVAL 1.5 min 70rpm 105% FTP	RECOVERY 1 min
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INTERVAL 1 min 90rpm 115% FTP	RECOVERY 1 min	INTERVAL 1 min 80rpm 115% FTP	RECOVERY 1 min	INTERVAL 1 min 80rpm 115% FTP	RECOVERY 1 min
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INTERVAL 30 sec 90rpm 130% FTP	RECOVERY 1 min	INTERVAL 30 sec 80rpm 130% FTP	RECOVERY 1 min	INTERVAL 30 sec 70rpm 130% FTP	RECOVERY 1 min
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COOL DOWN

5 mins